

Calendar of Health Events

Promote the *Live Like Your Life Depends On It* campaign by incorporating campaign materials into monthly health theme activities.

December

Healthy Holiday Eating

Traditional and favorite foods are frequently a highlight of the holiday season. Whether celebrations include the old standbys such as roasted turkey or something new such as Turkey Tetrazzini, it's easy for healthy eating patterns to take a backseat this time of year. Special foods can be enjoyed while keeping a balanced and healthy diet. Here are a few simple tips:

- Eat a snack or light meal before a holiday event. Foods high in protein, like chicken or cottage cheese, will help lessen your temptation to eat at the event.
- Don't "save calories" for a big meal or extra trips to the buffet, because this often leads to overeating.
- Choose a small portion of only your favorite holiday foods.
- Be a role model for your kids! It's important not to let kids eat whatever they want during this festive time of year.
- More tips for Healthy Holiday Eating can be found at <http://www.family.samhsa.gov/be/holidayeat.aspx>.



Suggested Activities:

- Encourage local businesses to make healthy holiday eating part of an employee health promotion or wellness program. Employees can be encouraged to bring in healthy holiday snacks or encourage them to use the money that would have been spent on snacks to buy holiday gifts for a needy family or donate it to a worthy cause. Use the *Live Like Your Life Depends On It* Eat Smart message card or poster to promote healthy eating. Hundreds of healthy recipe ideas can be found on the *Live Like Your Life Depends On It* website at www.lifedependsonit.com, select the "Eat Smart" section. During the holiday season, employee health promotion or wellness programs could also focus on prevention of foodborne illness and influenza. Fact sheets on food safety can be found at http://www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp. Influenza prevention information that can be distributed to employees is available in the Pandemic Influenza Community Preparedness Toolkit at <http://www.dhss.mo.gov/PandemicInfluenza/PanFluCommToolkit.html>. The "Stay home if you are sick!" poster could be posted in the workplace to encourage employees to stay home when ill and the "Wash Your Hands" poster could be posted in restrooms to encourage handwashing. Both posters are available in English, Spanish and Bosnian.

- Encourage local churches and other faith-based organizations to promote healthy holiday eating and prevention of foodborne illness at their holiday gatherings. Hundreds of healthy recipe ideas can be found on the *Live Like Your Life Depends On It* website at www.lifedependsonit.com, select the “Eat Smart” section. Fact sheets on food safety can be found at http://www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp.
- Ask a local newspaper to promote healthy holiday eating by publishing the *Live Like Your Life Depends On It* Healthy Holiday Eating newsletter article. Also, consider publishing healthy holiday recipes. Healthy recipe ideas can be found on the *Live Like Your Life Depends On It* website at www.lifedependsonit.com, select the “Eat Smart” section.

To access resources from the *Live Like Your Life Depends On It* Campaign ([click here](#))

For more information on Healthy Holiday Eating	For more information on Nutrition
<p>U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention 1 Choke Cherry Road Rockville, MD 20857 240-276-2548 www.family.samhsa.gov/be/holidayeat.aspx</p> <p>Food and Nutrition Information Center National Agricultural Library/USDA 10301 Baltimore Avenue, Room 105 Beltsville, MD 20705-2351 301-504-5414 www.nal.usda.gov/fnic/pubs/bibs/gen/holiday.html</p>	<p>Health Promotion Missouri Department of Health and Senior Services P.O. Box 570 Jefferson City, MO 65102-0570 573-522-2820 www.dhss.mo.gov/fruitsandveggies/ www.dhss.mo.gov/Nutrition_Everyone/ Patricia Kramer, MS, RD, LD, Nutrition Coordinator</p>